BAR HILL NEWS

Brought to you by the Bar Hill Community Association
February 2023 Issue 642

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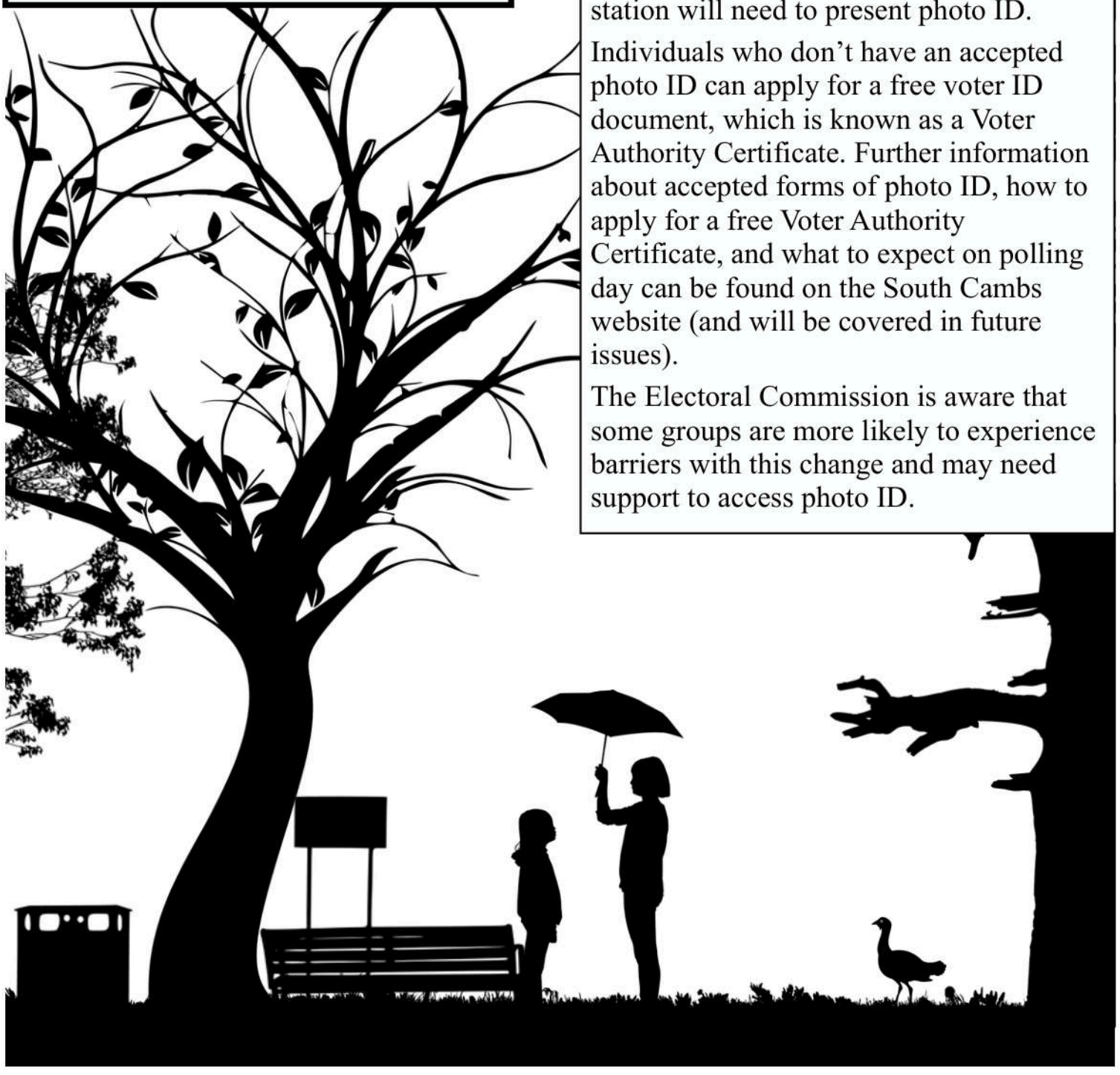
GOV.UK

Voting in the 2023 Local Elections

The government has introduced a requirement for voters to show photo ID when voting at a polling station. From 4 May, anyone voting in person at a polling station will need to present photo ID.

Individuals who don't have an accepted photo ID can apply for a free voter ID document, which is known as a Voter Authority Certificate. Further information about accepted forms of photo ID, how to apply for a free Voter Authority Certificate, and what to expect on polling day can be found on the South Cambs website (and will be covered in future issues).

The Electoral Commission is aware that some groups are more likely to experience barriers with this change and may need support to access photo ID.



Your Community Hub

February 2023 Service Timetable

Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)
The Hub is for villagers, of all ages, as a place to gather & enjoy community!

06-FEB	Coffee Stop & Foodbank	Citizens Advice, Health & Wellbeing
13-FEB	Coffee Stop & Foodbank	Carers Café 10.00 - 11.30
20-FEB	Coffee Stop & Foodbank	Citizens Advice, Health & Wellbeing
27.FEB	Coffee Stop & Foodbank	Citizens Advice

BREAKING NEWS:

We are also now a Warm Hub, partnering with Bar Hill Community Association.

WHEN: Every Monday 10am – 12pm

WHERE: The Octagon (opposite Maple Surgery)

WHAT: Are you worried about energy costs, keeping warm, comfortably working from home? The Hub is extending its services to provide a comfortable, warm space to all those who need it. Come along and join us, we look forward to seeing you.

Coffee Stop: Pop in for a coffee, a piece of cake and a chat with friends, old and new!

Foodbank: If you are struggling financially, drop by and let us help you

Citizens Advice: we have 9am and 10am appointments, please either email: **barhilladvice@gmail.com** or, send a PM: Kevin Potts using Facebook Messenger or, phone: and leave your details **0800 088 6522**

Health & Wellbeing: On the 1st and 3rd Monday of the month, take advantage of some exercise guidance from our experienced coach and visiting speakers

Carers Café (Hosted by Maple Surgery): On the **2nd Monday** of the month who will be providing support for any carers in the village.

Our Community Hub…in the community, by the community, for the community!

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BAR HILL COMMUNITY ASSOCIATION

BHCA

EDITORIAL

February 2023

Happy New Year!

A few changes for this first issue of 2023. First of all I'd like to welcome new advertisers; TCW Roofing on Page 32, Pet Care and Motus Physiotherapy both on Page 15 and thank them for their support. If you're interested in advertising in the Bar Hill News please contact Hilary at **bhn-advertising@barhillca.org**. Our rates are £66/ month for a full page, £33 for a half, and £16.50 for a quarter page.

This month we have updates from the Parish Council (don't forget their new website at **www.barhill-pc.gov.uk**), Bar Hill Primary School (who are looking for more Academy Council members), and our local NHS providers (amongst many others).

If you have an article you'd like included in next month's issue please get in touch - we are always happy to include local articles, artwork (sadly in B&W), poems, etc.

The Community Association is also seeking new Trustees and volunteers for the various committees (currently Warm Hub, Parks & Recreation, Féte & Festival, Bar Hill News). Watch this space for an update on plans for the children's playgrounds over the coming months!

Our next meeting will be on the 14th February at 8pm in the Sports & Social Club. Feel free to come along!

Community Association 2021-22	
Chair/ Secretary	Andy Pellew
Vice Chair	Laura Chapman
Treasurer/ BHN Advertising	Hilary Whipp
BHN Editor	Andy Pellew
Features Editors	Liz Dams, and Bridget Wilson
Trustees	
Bunty Waters	Jo Hall
Anthony Mitchell	Kate Bennett
Barry Dean	Jenni Foster-Smith

If you'd like to contact the BHCA then you can either write to us **c/o Bar Hill Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**, email **chair-of-trustees@barhillca.org**, or call **07814 871752**.

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhillca.org**

NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhn-editor@barhillca.org**. Thank you!

Dear Residents,

We'd like to say a big "thank you" to everyone who came to support the Christmas Event. It was a pleasure to see so many familiar faces and to celebrate the Festive season together.

We hope you all enjoyed yourselves and a big thank you to everyone who helped with the organisation. Your support and participation are greatly appreciated and we are grateful to have such a wonderful community.

Thoughts now turn to this years' (Christmas 2023) event! Our initial plans include adding another lamp post attachment to the spine path - this time from the other direction (near the library). First steps are to secure some funding so if you could help with donations, whatever the amount, we would really appreciate it. The QR code will take you straight to our PayPal website - alternatively you can drop a cheque for the attention of the Community Association into the Parish Council Offices.

Thank you again for your support, and we hope to see you all again soon.

Warm regards,

Laura (Chair) and Amber

Christmas Committee

Bar Hill Community Association

laurac@barhillca.org

8 O'clock club

The 8 o'clock club celebrates our 50th Birthday this year, started in 1973 by a group of young mums to provide a monthly meeting for women of all ages. We meet in the school on the 1st Thursday of the month at 7.30pm. We have speakers, demonstrators, wine & cheese evenings, Christmas dinner, garden party and a birthday party our next meeting is on Thursday 2 February when we have a speaker from the voluntary group Cambridge Search & Rescue. Then on Thursday 2 March it is our 50th Birthday party. - members only

At the moment our fees are £10.00 for the year plus £1 each meeting to cover the cost of refreshments and a raffle.

We look forward to seeing all our members in 2023 and if anyone would like to come for a visit, please feel free to come along to one of our meetings

If you would like further details, please phone Barbara **204171**, Adela **204265** or Ann **204687**

Wildlife Gardening in February

Keep providing lots of food for birds! They will be struggling to find normal food at this time of year.

Check wood and leaf piles for hibernating hedgehogs, frogs, and mice before lighting bonfires.

Provide fresh water in a shallow bowl for wildlife.

If your pond is frozen, make a hole in the ice as toxic gases can build up in the water, which can kill wildlife.

The deadline for submissions is the second Thursday of the Month. Please send your article to **bhn-editor@barhillca.org** (PDF, Word, Pages, etc)

Dear Residents,

I am writing to you as the Chair of the Bar Hill Féte & Festival Committee. As we begin planning for this years event, we would like to gather ideas from members of the community on what they would like to see.

Our Féte is such a great opportunity for everyone to come together, have fun, and be entertained. The Committee would like to make sure that the féte is enjoyable for everyone, and we believe that by involving members of the community in the planning process, we can create an event that truly reflects the interests and needs of all residents.

We would be very grateful if you could take a moment to share any ideas you may have for activities, games, performances, or vendors that you would like to see at the féte. Your input is very valuable to us, and we will take all ideas into consideration when we start meeting to plan the event.

Please feel free to share this letter with your friends and family, and encourage them to share their ideas as well. We are looking forward to hearing from you!

Thank you in advance for your time and input.

Best regards,

Kate Bennett

Féte & Festival Committee Chair

BHCA Trustee

P.S. Please email your responses to **kateb@barhillca.org** or you can drop a letter into the Parish Council offices for the attention of the Community Association.

Dear Residents,

Over many years, thousands of pounds has been raised from used postage stamps, all helping to fight Leprosy, a needless and devastating disease. Recently, the value of these stamps has greatly reduced and the introduction of bar-coded stamps has further reduced their value. Therefore, Leprosy Mission have reluctantly decided they will stop collecting the used stamps or albums.

They will accept donations until the end of March, so if you still have any used stamps, please put them in the Church letterbox as soon as possible.

Many thanks for all your support,

Pam Vendy

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LOST (Feb-23): Ring, Sentimental Value, Lost between Church and Partridge Drive on 2nd December. Contact Andy, **07814 871752**.

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Bar Hill Primary School

Get involved in local governance at Bar Hill Primary School

Bar Hill Primary School is looking to recruit Academy Council Members. This is an excellent opportunity to volunteer and share your skills and experience to support children and young people in our community as well as to further your professional development.

The Academy Council is responsible for local governance at Bar Hill Primary. Our school is part of Meridian Trust, and the Council works under powers delegated by the Trust.

The Academy Council's role is strategic and not operational. The Council:

1. Promotes the mission and values of the school within the overall Trust vision to provide high quality education for all at the heart of the local community
2. Supports and challenges the Headteacher and other school leaders and acts as a critical friend
3. Contributes to the development of strategic priorities and plans
4. Ensures effective mechanisms are in place to safeguard all pupils, monitor standards, quality assure the curriculum offer, monitor budgets, and help ensure value for money.

The strength of the Academy Council is its diversity and the varied skill sets brought to the table. All Academy Council Members share a passion for improving education and welfare of children and young people.

More information and an application pack are available here: **https://www.barhillprimary.org/governors/vacancies**

Bar Hill Tennis Club
2023 AGM
www.barhilltennisclub.co.uk

Some of our members have been playing during the winter and our new Winter Membership has also proved popular.

Most of us however are looking forward to the new season and hopefully some summer sun. What better way to welcome the better weather than enjoying a game of tennis!

Why not come and join our Club for some fun tennis or hire a court for casual play.

This year our AGM is being held at 7.30pm on Tuesday 7th March in the Bar Hill Social Club. All members and non-members interested in tennis or want to know more about the Club are invited to attend – if you would like more information please contact Paul Chubbuck (details below).

Just a reminder for all current members that all memberships are due for renewal on 1st April and as usual the court access code will be changed from that date. For 2023–4 membership details will be available on our web site from mid March. There is an active WhatsApp group for members to share information and find playing partners.

We invite all current, lapsed and new members to come along and play on the courts. Please encourage your family, neighbours and friends to come down to our Club social nights to play some tennis. We welcome players of all abilities. Tennis is an excellent way to keep fit and enjoy the summer evenings in a relaxed and friendly environment.

Our Adult Club nights for social tennis are Tuesdays & Thursdays 6.30 to 9pm and Club nights start Tuesday 11th April 2023 (or earlier if the weather permits). We look forward to seeing you!

CONTACT:

Paul Chubbuck (Secretary)

07983 435104

info@barhilltennisclub.co.uk

Geof Tamulonis (Chair)

info@barhilltennisclub.co.uk

FOR MORE INFORMATION GIVE US A CALL OR VISIT OUR WEB SITE

www.barhilltennisclub.co.uk

Hedgehog fact

Hedgehogs venture out after only 4 - 7 weeks of nurturing from the mother. They usually spend their entire lives alone, with exception of pairing up with another hedgehog to mate.

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BAR HILL WARD - DISTRICT COUNCILLOR'S REPORT

I would like to wish all residents a Happy New Year, I know that many have had the dreaded virus or Covid so I hope you are recovering well.

Update on Recycling of various furniture

The County Council has just published an update to let people know that from Saturday 7 January all nine Household Recycling Centres in Cambridgeshire can again accept upholstered domestic seating. This of course includes the Household Recycling Centres at Milton and Thriplow in South Cambs.

Please note that the County Council update also states: An interim solution for accepting waste items such as sofas, upholstered chairs, cushions, and beanbags at all the recycling centres, will also allow bulky waste collections offered by all of the county's City and District Councils to resume. Please check their websites for further details.

DISPOSING OF BATTERIES – IMPORTANT

Changes have been made on how the batteries are collected:

Please put the batteries in a tied plastic bag and place them on the top of the bin and not tied to the handle

SCDC Council's domestic abuse service is praised as a beacon of good practice

South Cambridgeshire District Council was given outright accreditation from the Domestic Abuse Housing Alliance (DAHA), the UK benchmark for how housing providers and local authority housing services should respond to domestic abuse.

In a report by DAHA assessors, the Council was praised for its inspiring work, including how survivors feel properly supported and listened to and for its 'exemplary' practice - including teamwork with local partnership agencies like Women's Aid.

Welcome if you are new to the village, meet me in the HUB on Monday mornings for a coffee, also you can contact me if I can help in any way or you would like more information

Free, confidential support and advice is available to victims and their concerned family members or friends, 24 hours a day.

Refuge's National Domestic Abuse Helpline - **0808 2000 247**

The Men's Advice Line run by Respect is a confidential helpline specifically for male victims - **0808 801 0327**

Welcome & please contact me if you would like further information, help, or advice
Cllr Bunty Waters - **bunty.waters@ntlworld.com 01954 201421/ 07734 690580**

Bar Hill Church news

Services

Sun 5 Feb, 10:00 am	Holy Communion (Anglican) led by Revd Dr Alex Hughes, Archdeacon of Cambridge
Wed 8 Feb, 10:00 am	Midweek Holy Communion
Sun 12 Feb, 10:00 am	All together worship
Sun 19 Feb, 10:00 am	Holy Communion led by Rt Revd Stephen Conway, Bishop of Ely
Sun 19 Feb, 6:00 pm	Time to Remember (candle service of remembrance for those we love who have died)
Wed 22 Feb, 7:00 pm	Ash Wednesday
Sun 26 Feb, 10:00 am	Worship for All

Sunday morning services can also be attended via Zoom: meeting id 882 9761 3899, password: 284740. The meeting has a waiting room so we recommend joining several minutes early.

News

We are happy to announce that the Revd Wendy Wale, currently Associate Vicar in the Beverley Minster in the Diocese of York, has accepted our offer to become Minister of Bar Hill Church. She will be licensed by Bishop Dagmar Winter on 20 April 2023. Wendy and husband Tom will take up residency in the village in due course.

Church Contacts

Church Office	Ian Farr	01954 206120 church.office@barhillchurch.org.uk
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
	Website	https://barhillchurch.org.uk
	Facebook	https://facebook.com/barhillchurch

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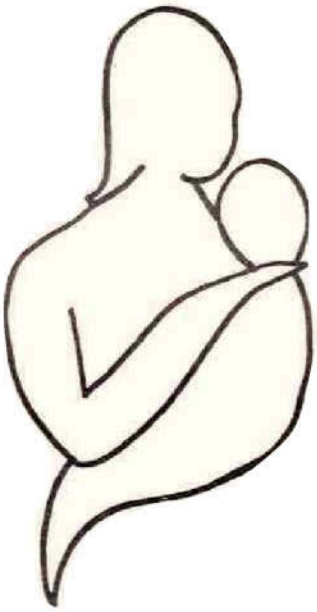
We wish all our customers and supporters a Happy New Year and all the very best of health throughout 2023.



Rosie in Stitches raised over £2,000 in 2022. Thank you for your kind support and we look forward to continuing to help you find unusual gifts this year.

We are sharing our extensive catalogue on our facebook page **https://www.facebook.com/RosieinStitches/** so you can grab yourself locally sourced, unique, beautifully crafted gifts for special friends and family.

We have links to other stores on our **https://www.rosieinstitches.org.uk** website, Aurelia London are offering a complimentary Miracle Cleanser 50ml when you spend £40! Worth £22

We are continuing to accept donations of unwanted crafting materials for our crafters to use or for us to sell on eBay. We are still recruiting new crafters to our team.

New members are always welcome, whether to contribute financially, to join our team of crafters or display a small selection of our wares. Contact Mary Sanders on **01223 356615**. Further details are given on our website **https://www.rosieinstitches.org.uk**.

Thank you for your continued support.

Stay safe

Avril Williams

01954 782431

avril@rosieinstitches.org.uk

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Happy New Year!

With your help we raised £1,973 from sales in our Ebay charity store Rosieinstiches2010, our Facebook page, website and sales of books on Amazon.

Rosie in Stitches total income for 2022 was £2,476

Season's greetings
Rosie in Stitches
Registered charity number 1036092

rosieinstitches.org.uk

citizens advice

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Where?

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HAPPY HOURS - February 2023

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

Coming up in February:

3rd Feb: Bingo and a Quiz

10th Feb: Valentine's Day and Korean Weddings

17th Feb: Pancake Day

24th Feb: Bingo and a Quiz

3rd Mar: St. David's Day – Welsh theme

If you give us a try your first week is free.

Anne Plumb, Tel: **01954 780364**, email: **anne@rwp10.plus.com**

Bar Hill Catholic Mass

Celebrating our love of God – Meeting with friends – Volunteering

From 7th January 2023 Mass will be held in Bar Hill Church at 6pm on Saturdays. Our services are open to all and everyone is very welcome to attend.

If you have any queries please call Bunty Waters **07734 690580** who will be happy to help.

Our local parish priest is Father Adrian Gates, from OLEM, Ditton he is also the Hospital Chaplain - he can be contacted on **07842 190882**.

We look forward to welcoming you!

BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop a more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction on how to start praying. Whether you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (**074 3255 0621**) and the free kit will be delivered to your door (in Bar Hill). God bless you!

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Olive Tree Bereavement Group

Our next meeting for members will be held on Saturday 11th February 2023 at 10.30a.m. The following month is March 11th. Both are held in the Octagon at 10.30a.m.

We will be pleased to see you if you are a regular member, a new member or if you have never been before.

We are conscious that Winter is here. You may find this difficult to cope with, an extra feeling of isolation and loneliness. If this, is you perhaps you will come along and meet people experiencing this too?

This is a very welcoming group where you can talk quite freely and your confidence will be respected. There will be time to share your experiences, listen and have discussion as well as getting to know others in the group, with time for refreshments too.

If you are wondering whether the group is right for you, please phone one of us to talk about it. We welcome all newcomers and would prefer that they arrive at 10.00a.m.on the above dates so that we can explain what happens.

There will be a Service at 6p.m. on Sunday 19th February in the Worship Hall, called a "Time to Remember". This year there will be no hymns just sensitive music, poems and readings. All are welcome.

The leaders, who are CRUSE Trained, and members of the group will offer a warm welcome and you will be in the presence of people who have been through loss and understand the particular pain and difficulties that this brings.

For more details telephone Sue Kenchington **780260**, Chris Stannard **781978**, or Maggie Cox **488657**.

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www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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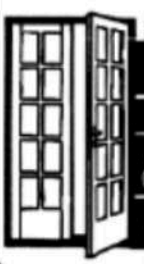

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Bar Hill NWR

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet, now in The Octagon, every two weeks discussing a variety of topics.

NWR CONNECTING WOMEN

Feb 2nd - speaker (how to stay safe by Police Officer)

Feb 16th - alternative sources of energy, research

March 2nd - speaker (1st female bomb disposal)

If you are interested in joining please contact the Local Organiser Marie-Thé on **780329** or her deputy Julie on **201502**.

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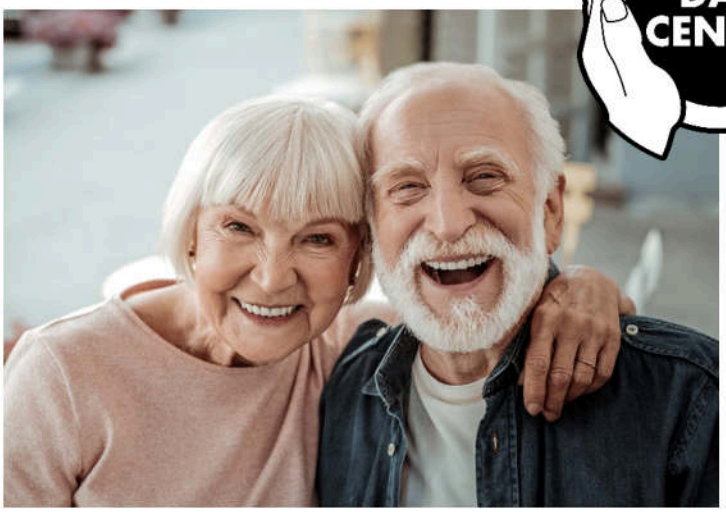

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Below are some events planned for February, plus a list of special trips/entertainment in the near future. More information can be found on our website: www.overdaycentre.co.uk/whatson.

Thurs 2nd - MUSIC - Katherine Beaumont (Piano)
Fri 3rd - MUSIC - Hatton Primary School Choir
Tues 7th - Thought for the Day - Pastor David Smith
Thurs 9th - Puddleducks Preschool Visit
Fri 10th - Northstowe Secondary College Concert
Mon 13th - Hindu Samaj Northstowe Games/Activities
Tues 14th - MUSIC - Rebecca Mitchell (Rock n Roll)
Tues 21st - Thought for the Day - Pastor David Smith
Wed 22nd - MUSIC - Adrian Acton (Ukelele and Guitar)
Fri 24th - New Road Preschool Visit
Tues 28th - MUSIC - Rebecca Mitchell (Rock n Roll)

SPECIAL EVENTS/DAY TRIPS

Tues 14th February - Valentine's Day Party
Thurs 20th April - Farm Visit (New Lambs and Kids)
Thurs 4th May – King's Coronation Party
Wed 5th July – Narrowboat Cruise with Picnic

We have spaces available Mon-Fri for new clients.

Please ring 01954 231807 or email leadcare@overdaycentre.co.uk.

Bar Hill Colts

Bar Hill Colts will see a few changes now we have begun the new year,

Sadly our Secretary Emily Lister will be stepping down and our publicity officer Demi Entwistle will be taking over the Secretary role. Email addresses will stay the same to avoid confusion for anyone.

We are also pleased to announce that we have merged the Bar Hill Astro & Colts.

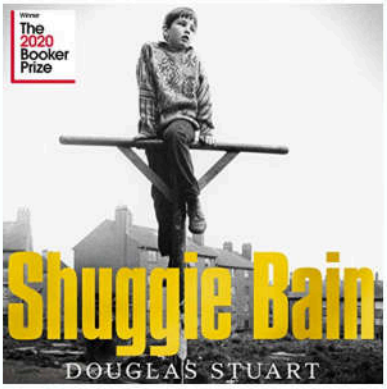
We are deeply excited about this and the new adventures it brings.

We will be looking for Local companies that want to help the Astro & Grassroots football thrive to help sponsor our Astro, if you are a local company or know of one that would be willing to help please do get in touch at -

secretary.barhillcolts@gmail.com

Bar Hill Ladies Book Club

Meeting Monthly



Next meeting : Tuesday Feb 14th

Shuggie Bain by Douglas Stuart

Bar Hill Sports & Social Club – 7.30pm

We are a friendly group of ladies who love to read & share our opinions & thoughts.

Please join us , you will be so welcome.

For more details please email **sheilafarrar@hotmail.co.uk** or call/text

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Contact us on info@barhillscouts.org.uk

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https://barhillscouts.org.uk

#SkillsForLife

Scouts
1st Bar Hill Scout Group

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Bar Hill Primary School

Happy New Year from Bar Hill School! In January we launched an extra role for our KS2 children, in the form of food buddies. Children's diet can have an important influence on their health both now and in the future. Good diet in childhood can help protect against chronic diseases in later life. Children and young people need help and guidance to eat healthily at school both in their learning and with their food choices. They need consistent messages about healthy eating across the formal curriculum, food provision and school practice. We are very lucky to have Annette as our on-site chef who caters for all children's dietary needs with an exciting and varied menu. Feedback from teachers suggests that when pupils eat better, they do better in the classroom in that behaviour and performance both improve. Those who wished to take part in the food buddy initiative submitted an application based on their passion for healthy eating. The food buddies are there to encourage a balanced plate based on our colour coded food groups as well as asking their peers to try new foods with our 'try it table' and be a role-model in the dinner hall for their peers. They are armed with reward stickers for those children who try something new and/or clear their plate.

By having a whole school approach, we are ensuring we reinforce a clear and consistent message about food, nutrition and healthy eating. Alongside the lunchtime support, the children are taught in class about diet, nutrition, food safety and hygiene, food preparation and cooking, as well as where food comes from.

Alongside this we have supplied parents with information around the expected content of packed lunches, if they choose these over our school dinners. Alongside our school dinner menu, we are trialling a number of new ideas to increase knowledge and understanding around healthy eating. We will be running a 'healthy tuck-shop' once a week for our older children whilst encouraging children and parents alike to really consider what is sent into school as a mid-morning snack.

Furthermore, gardening club will be growing vegetables that can be directly used by Annette in the kitchen. We have taken part in a health-related-behaviour survey in Upper Key Stage 2 which will help inform us of any areas of concern that we wish to address in our school.

Bar Hill Church Knit & Natter

We are now regularly meeting again in The Octagon from 1.15 pm on Thursday until 3.00 p.m. It has been lovely to welcome back our established members as well as welcoming some new ones. All are welcome.

As a well established group, we enjoy our knitting and definitely enjoy nattering. Part of our afternoon's programme now includes some much needed stretching and strengthening exercises aptly led by Wendy and then there is always the tea and cake!

We continue to knit for any charity that requires our output and mostly baby clothes and blankets which are needed by several organisations. We are always very grateful for donations of wool to complete our garments and projects and I would be pleased to collect any wool you can spare, or bring it along and meet us all.

his group is right for anyone who wants to make new friends and find out more about what is going on in the village and to be included in events as they happen. You will be most welcome to join us.

For more information please phone me. Sue Kenchington **780260**.

RHYMETIME @ Bar Hill Library

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Bar Hill Village Hall

The Hall was first built in 1978 for use by the residents of the village as a social centre; a place to meet and to hold educational and recreational classes for the community. This founding principle is the corner-stone of the Village Hall's life today, with hundreds of members of the local community using the buildings every week, including a number of regular hirers based both within the village and the surrounding area.

Facilities and Governance

The site has undergone various small extensions and a complete rebuild over the years to continually improve the facilities such as the provision of WiFi.

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a small Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is a UK-registered charity (number 1002579) and run by a committee of trustees who are committed to the on-going development of the Village Hall's role as a key community facility.

To make a booking, please visit our web site **barhillvillagehall.com** and then email **enquiries@barhillvillagehall.com** to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

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BAR HILL PARISH COUNCIL (Open 9:30 - 11:30 am Mon-Fri)
Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
01954 780456 - **clerk@barhill-pc.gov.uk**, Chairperson: **bunty.waters@barhill-pc.gov.uk**

Winter Tree Maintenance Works

This month you may see our contractors working on the many trees and green areas around the village. This maintenance work is carried out at times to avoid disturbing nesting birds and wildlife in the spring and summer. Unfortunately, every year some of these trees have to be cut back hard or felled to maintain the health of the trees, and for safety and insurance reasons.

Trip Hazards

Please can residents check behind their fences for overgrown brambles etc as they can be a trip hazard.

Dog Fouling

Dog owners are respectfully requested to be considerate to others by ensuring that they pick up after their pet and take it home or dispose of it in one of the dog waste bins.

Residents may report incidents of dog fouling to South Cambs District Council which has enforcement powers.

Litter Pickers

Bar Hill Parish Council would like to thank the team of volunteer litter pickers who regularly go around the village picking up litter and who help to keep the village clean and tidy

Next Meeting Dates

Full Council Meeting: 16 February 2023

Environment & Amenities Committee Meeting: 01 February 2023

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Helping hedgehogs in February

Hedgehogs out during winter, especially during the day, are highly likely to be in need of help. If you see one out, contact your local wildlife rescue centre.

For help and advice contact: Liz Dams **07912 988898**/ Shepreth Hedgehog Hospital **07947 361187**.

Useful Links

Dogs (Fouling of Land) Act 1996 (**bit.ly/bh-dogfouling**) - Environmental Crime (**bit.ly/bh-envirocrime**) - Damaged Street Nameplate (**bit.ly/bh-streetnameplate**) - Reporting issues with roads, paths, street lights, etc.(**bit.ly/bh-highwaysfault**) - Report a non-urgent Crime - (**bit.ly/bh-reportcrime**)

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Crafts Shed Shedders Require New Premises - February 2023

CraftsShed members continue to meet in the Octagon Meetings Room, on Thursday Mornings from 0930 to 1230. Whilst extremely grateful to the Leadership of Bar Hill Church for letting us do this we still require new accommodation of approximately 60 to 80 Sq Metres. We are working with both the Parish Council and County Council to help find and secure a suitable venue. We believe purchasing a Unit for ourselves will be in the Region of £25K.

BAR HILL CRAFTS Shed

Registered Charity 1192237

CraftsShed is a Registered Charity supporting our local Community. Many various benches have had a makeover in our village in the Childrens' Playground, Tennis Courts, Allotment Society and also near to the Scout Hut.

Harris and Hoole have kindly offered for us to have a small display. Please visit the coffee shop and purchase if you can. If you cannot see what you want then contact those below.

Hopefully you were able to visit our Stand at the Christmas Fayre. If you still require an item to be made please contact us.

Individuals will continue to help make items, and as a group we will undertake small projects for our Community. There will be a display outside of the Octagon weather permitting.

If you are over 18 and would like to come and join us, please contact Chris or Nick below.

We wish you all a healthy Year in 2023.

If you would like further information please call Chris Stannard **07711 623425** or Nick Gunton on **07484 2555214**

Bar Hill Indoor Bowls Club

After the break due to covid restrictions we are back to playing bowls again.

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £2 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or **barbara.page@live.co.uk**

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The children have been busy making very good use of all the kind donations of loose parts we have recently received. We have been able to prepare lots of counting activities with them and the children have used their imaginations to build many models and structures. We've also discovered magnet energy along the way and found out which materials are magnetic and which are not.

We have been bringing shapes to the garden, again using donated items to make large everyday shapes for the children to observe as they play. We have used chalk to draw shapes and numbers on the patio and had fun jumping on them as part of our ongoing circle time activities.

We have been lucky that until now, the weather has been relatively mild and so the children have been continually developing their physical skills riding scooters and bikes, climbing, kicking balls and enjoying the mud kitchen down at the bottom of the garden. We've also used guttering to create ball drops which we have also been dropping conkers down. Again, another great counting activity!

December has flown by, but in the lead up to Christmas, the children have helped decorate the tree and used recycled boxes to wrap 'presents' to go underneath. They have also used their senses to smell cinnamon, oranges and lemons and some of the other many smells associated with Christmas.

As we begin the new term, we are preparing to celebrate Chinese New Year and we have just begun learning about animals who live in cold climates.

Interested in finding out more and booking a place for your child? Contact **enquiries@barhillpreschool.co.uk** or call **01954 782892**. You could also visit our website www.barhillpreschool.co.uk for an enrolment form.

Children are offered places from the age of two years old. We are open 9am-3pm in term time only. Funding and Childcare payment schemes are accepted.

Bar Hill library

The opening hours for Bar Hill Library are:

Monday, Wednesday: 10 – 5pm

Tuesday: 2 – 5pm

Thursday, Sunday: Closed

Friday: 2 – 5pm

Saturday: 9.30 – 12.30pm

We look forward to seeing you there!

Need help with your bus pass?

If you want help applying for a bus pass, or renewing it, drop by Bar Hill Library any time we're open and we'll help you, including by taking a suitable photo.

If you're applying for a concessionary bus pass for the first time you may need your national insurance number, proof of age or disability, and proof of address. Please see the council website for details (**https://bit.ly/3ztSmX9**).

THE ROYAL BRITISH LEGION

The Royal British Legion is open to anyone who would like to become a member. You do not have to have served to join. We are there to support all ex-service personnel.

This year we have welcomed two new members.

If you would like to join, please either come along to a meeting or contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox **01954 488657**.

Our meetings for 2023 will be held in The Meeting room of the Octagon at 7.30pm on the following dates

Thursday 23rd February, Thursday 27th April, Thursday 22nd June,, Thursday 28th September and our AGM will be on Thursday 26th October.

Thanks to everyone's donations and time we reached a total of just over £11,000 for The Poppy Appeal 2022.

We are hoping to purchase a Remembrance bench for the village and are asking for donations towards the cost we already have a few but need more. If you would like to make a donation, please contact Maggie Cox on 01954 488657. The bench will be in memory of all the Royal Legion members we have sadly lost over last few years.

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PlayPals

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A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill
*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

Photographic Exhibition

Saturday 25th March 2023

From 10 am to 4 pm at Swavesey Memorial Hall

After our successful return to the Memorial Hall last year, Swavesey Camera Club are back at the end of March for their 2023 Photographic Exhibition. This event is one of our major opportunities to demonstrate our photographic skills to the public. Visit us and vote for your favourite image. In addition to the beautiful prints on display, there will be a continuous display of projected images and AV presentations. Some of the images will be available as greetings cards with all the proceeds from the card sales going to Arthur Rank Hospice Charity. Coffee, cake and other refreshments should also be available.

As in previous years we host an Open Photographic Competition within our Annual Exhibition. Our aim is to encourage photography amongst everyone in the local community. The Competition is open to any non-professional photographers and can be on any subject (but no selfies). Prizes will be awarded in three categories: junior school age, senior school age and adults.

Visit our website **www.swaveseycameraclub.co.uk** for further details.

Mary's Shell - Cleveley's Beach
By Maggie O'Moore

Community Feature - Christmas Light Switch-On Event 2022

Residents of Bar Hill were in high spirits back on the 26th November as the annual Christmas light switch on event took place. The event, which is fast becoming a tradition for our community, was attended by hundreds of people who came out to enjoy the festive atmosphere and kick off the holiday season.

In addition to the event itself there was also an indoor market in the Octagon with a wide range of stalls selling holiday crafts, gifts, and festive food and drink. Outside we had Lord Conrad providing the mulled cider (always a pleasure!), as well as Prestige donuts and hot food provided by Hog Roast Kitchen.

As part of the event we had music provided by the Salvation Army band, performances from our local school choir and Sing It Out!, and finally … a visit from Santa!

The highlight of the evening though has to be the lighting of the Christmas tree, which was adorned with twinkling lights and decorations, as well as the associated street lights.

This year the lights were switched on by Santa, who was joined by a group of local children. As the tree was lit up, the crowd erupted into cheers and applause.

Overall, this years' event in Bar Hill was a resounding success, bringing joy and cheer to the community and setting the tone for the start of the holiday season. The organisers would like to thank all of the volunteers, performers, and attendees who helped make the event a memorable one.

The planning will now start for the 2023 event! If you'd like to donate you just scan this QR code and follow the instructions (via Paypal). Cheques (and cash) for the Bar Hill Community Association can be left at the Parish Council Offices.

See you all next year!

By Laura Chapman

Over Day Centre - Some Events for 2023

To help the Over Day Centre raise £50,000 towards solar panels and solar-powered bathing for clients, amongst other events, the Day Centre is planning to hold again in 2023 two very popular days :

The 5-pub Challenge and The Bike Rides

Sunday 14th May

Sunday 25th June

We hope the 5-pubs, 12 mile walk, will have a choice of stops at the usual watering-holes of Pike & Eel, Needingworth; The Ferryboat, Holywell; The Three Tuns, Fen Drayton; The White Swan, Swavesey; and the Community Centre, Over.

The Bike Rides will again have a choice of fully route-marked rides, planned by Willingham Wheels and Swavesey & Over Cycling Club. You will be able to choose from 100km, 50km and family routes through local countryside and villages. Afterwards you will be welcome to join us for an after-ride social at the Community Centre, Over.

Willingham Wheels are also organising a 'Sofa-to-50k', 8-week training programme, for novice riders to gradually increase their distance, culminating in the 50k ride. For details, please contact Nigel at sofa250k@outlook.com.

rther details will be published soon but in the meantime please add the two ent dates to your diaries.

WILLINGHAM & LONGSTANTON SURGERIES

Willingham 01954 260230 Longstanton 207600 Dispensary 207602

Online Consultations using Patient Triage

We very excited to announce we have now gone LIVE with our new online consultation service.

This is a great way for you to contact our practice for non-urgent medical or admin requests. You can request results, sick notes and medical advice. It is a very simple form to fill in online and submit it straight to the GP, without having to sit in a lengthy phone queue. Please do give it a go if you need to contact us.

Although the character count is limited on the form, please try to give as much specific and concise information as possible. We really think it is easier for most people than waiting on hold to speak to a receptionist but would love to hear your feedback.

If you do not have access to the internet or find it difficult to use a computer or smartphone you can call reception instead and they will complete the triage form on your behalf.

You can access the new patient form via the NHS app or from our website. (Link available on our home page)

Please note - The practice will respond to your enquiry within 2 working days. If you need urgent assistance for an acute problem, please continue to call our reception team for an on the day appointment. Continue to use 111 for medical help when we are closed, or 999 for a life threatening condition.

Phone System Upgrade

We know the queue to speak with our team can take some time, we have therefore listened and upgraded our phone system to help us manage calls more efficiently.

Patients now have the option to request a 'call back'. Your place in the queue will be held, and the surgery will automatically call you back when you get to the front of the queue.

If you want to cancel your appointment, you can now select option 3 and leave an answerphone message for our reception team so you no longer have to stay on hold.

Repeat Prescriptions

Please allow 3 working days for prescriptions. Did you know you can order your repeat prescriptions using the NHS app?

You can also order repeat prescriptions using Systmonline and ordering via the practice website.

If you need to register for online access, please contact our reception team.

Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting on Weds 1st February at Willingham Surgery, where we will be holding a drop in meeting between 2pm and 4pm. Please come along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely FREE!

Meetings are held on the first Wednesday of every month at Willingham Surgery. Please contact Sue Lawson at the surgery or email her at susan.lawson7@nhs.net for more information.

Lisa Smith –Assistant Practice Manager– February 2023

BAR HILL MAPLE SURGERY

NHS

Winter Pressures

I would like to emphasise the strain currently being experienced by the NHS, and in particular GP practices. There is unprecedented demand not just at Maple but nationwide. So please with prescriptions be mindful that turnaround times may be affected. Also we are seeing many winter bugs circulating currently, it does feel like it takes a long time to return to full health. Please give yourself that time and supplement with medication from your pharmacy before seeking out medical help.

Staffing

We have a new addition now started at the practice; Mrs Virginia West. She is a pharmacy technician who started in the middle of December. Her role will help with prescription demand here at the surgery. Importantly she will help in the reform I am concentrating on implementing of prescription to make the process much more efficient.

Unfortunately our nurse Fiona Edwards has moved on to become a school nurse in the Cambridge area. We wish Fiona all the best for her future role. This has consequently resulted in our fantastic nurse Donna Brown now taking up the lead nursing role here. I and everyone here know she will do an excellent job in the role.

Our GP's remain locums here but they remain long term members of staff or returning members of staff. However our longest serving locum Dr Isiodu has now committed to three days a week. This means we now have two consistent GP's here covering 5 days a week. Consequently this creates better continuity and quality of care for you the patient.

Working with the Community

Pekka our carers champion and social prescriber has been given funding to start up a walking football group. This is open to any ability aged 50 or higher. There are few details for this currently as it is still being planned. However this is due to be started at the end of February or early March. This is a great idea that will improve fitness for participants and an excellent social opportunity. If you are interested in taking part please feel free to contact the surgery via our email address; maplesurgery.enquiries@nhs.net

Thank you for reading

Kind regards

Charlie McDowell (Practice Manager)

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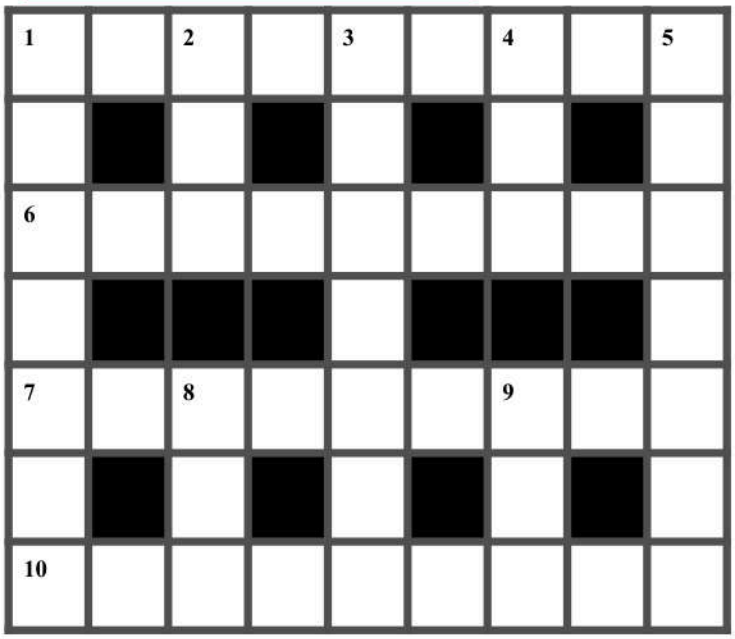

PUZZLE - February 2023

Across -1.Saintf0r February 14th. 6.reduced the load. 7.bore with. 10.walked about..

Down—1.capital of Malta. 2.a limb. 3.not forced. 4.pub. 5.bore with. 8.place of scientific study (abbr). 9.child

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Bar Hill Childminders

Bar Hill Childminders are Ofsted registered (graded Good and Outstanding), fully insured and have Paediatric First Aid training.

We offer quality, caring home from home care with a wide range of exciting experiences for the children both within our settings and the local community. We regularly go on outings, walks etc and attend local groups to help the children socialise. We find having a wide range of ages benefits all the children in our care, it helps to build the younger children's confidence and encourages the older children to be patient and understanding with the younger children, helping them to learn and progress.

We accept 2,3 and 4 year old funding and the Government Tax Free Childcare payments.

As we are busy with the children during the day, please text us with your requirements and we will contact you as soon as possible with our up to date availability and hourly rates.

Jacky - **07718447998**– ages 6 months upwards. Term-time and all year round. Spaces expected from September 2023

Kirsten – **07906218070** – ages 6 months upwards. Term-times and all year round. Space from September Mon-Thur.

Kirsty - **07584168909** Over the hill Out of School Club - Preschool year upwards. Wrap around and holiday care.

December was a very busy and exciting time for all the children. All the children helped to create a big display in the Octagon window as part of the church Advent Display. The children painted the background, made woolly sheep, shepherds and angels. We were also lucky enough to be able to watch the church drama group act out the Nativity. Some of the children made Christmas wreaths from seasonal foliage we gathered on our walks. They baked and crafted, making a variety of special pictures, ornaments and presents to share with their families. The children made very special reindeer food to sprinkle in their gardens on Christmas Eve and we all danced, glittered and sparkled our way through December! We were really lucky to have snow and although it was very cold, the children had fun playing in the snow, seeing all the patterns and building snowmen. We often see squirrels on the way to school and as it was so cold and snowy we left them some nuts around the trees so they didn't get hungry.

We all had a lovely break over Christmas and have begun again in January exploring Winter and Polar animals. We also have Chinese New Year in January which we will be exploring by reading the story of The Great Race and finding out all about the different animals in the story which make up the animals in the Chinese calendar. We will also be tasting some Chinese food. At the end of January it is the Great Garden Birdwatch, some of the children will be taking part in this. We will be making bird feeders and talking about why it is important to help the birds find food during the winter. We'll also be using our binoculars to see what birds come into the garden and use our spotter sheets to identify them.

In February we will be talking about our feelings and who we care about around Valentine's Day and eating delicious pancakes for Shrove Tuesday.

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More and booking: linktr.ee/rfyl

Memorial Garden Update - Feb 2023

If you have ventured into the Memorial Garden recently you cannot help noticing the major improvement. The Team now supported by new colleagues undertook a major clear up. There is still more to do.

Unfortunately, many of you may have noticed the deterioration in the sleepers on the exterior of the two flower beds. We plan to replace these in due course. However, this is going to be very expensive. It is hoped to replace with oak sleepers which will last longer. We have looked at Recycled Plastic but as yet they seem more expensive. A provisional estimate is £2500 for materials alone. As soon as we know a more accurate cost, we will issue an appeal. If there is a Market Gardener who can offer expertise your advice would be most appreciated.

Should you wish to place a Memorial Plaque then contact Chris Stannard on **01954 781978** or **07711 623425**. Email **c.e.stannard1 @gmail.com**

Bar Hill Community Market

Saturday 4th March

Saturday 1st April

10.30am - 2pm

In the Octagon CB23 8EH

Entry is Free

All profits go to Community/Charity projects

Refreshments all day with Soup at lunchtime.

Cakes. Crafty items for Mother's Day and Easter.

If you wish to be part of the market, please contact Karen Austen 07913923349

Email - bar.hill.community.market@gmail.com

Facebook - Bar Hill Community Market